

## Household Commodity Fact Sheet

**BUFFALO, GROUND, FROZEN**

Date: April 2009

Code: A635

**PRODUCT DESCRIPTION**

- Frozen ground buffalo is 100% buffalo meat with no more than 10% fat.

**PACK/YIELD**

- Ground buffalo is packed in a 2-pound package, which is about 8 servings of cooked meat (about 3 ounces each).

**STORAGE**

- Keep ground buffalo frozen at 0 degrees F until ready to use.
- After cooking, store any leftover ground buffalo in a tightly covered container that is not made from metal in the refrigerator. Use within 3 to 4 days.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

**PREPARATION/COOKING**

- It is important to properly handle all ground buffalo to avoid spoilage or food poisoning.
- To thaw ground buffalo in the refrigerator, place wrapped ground buffalo on a plate or in a bowl on the lowest shelf to catch any drippings or juice. Thaw overnight or for at least 10 to 12 hours.
- To thaw ground buffalo in the microwave, place unwrapped ground buffalo on a microwave safe plate or bowl and use defrost or medium-low setting; microwave 2 minutes; let stand 2 minutes. Repeat as needed. Turn ground buffalo regularly as it thaws. Be sure ground buffalo is covered to reduce splattering.
- Cook immediately after thawing; ground buffalo should be cooked to an internal temperature of 160 degrees F. Only a food thermometer can show the right temperature. You cannot tell if food is cooked safely by how it looks; ground buffalo that is brown in the middle is not necessarily cooked completely.

- DO NOT thaw ground buffalo on countertops or at room temperature.

**USES AND TIPS**

- Ground buffalo can be used in patties or in mixed dishes such as tacos, chili, meatloaf, lasagna, vegetable and buffalo casseroles, and spaghetti sauce, or as a topping on pizza.

See back for more information.

**NUTRITION FACTS**

Serving size: 3 ounces (85 g) cooked ground buffalo

**Amount Per Serving**

<b>Calories</b>	200	<b>Calories from Fat</b>	120
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**% Daily Value\***

<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 5g	<b>27%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>24%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 20g	

Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	15%

\*Percent Daily Values are based on a 2,000 calorie diet.

## NUTRITION INFORMATION

- 3 ounces of cooked buffalo counts as 3 ounce towards in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces. A serving size is about 3 ounces.
- 3 ounces of cooked ground buffalo provides 15% of the daily recommended amount of iron.

## FOOD SAFETY INFORMATION

- Ground buffalo may contain bacteria that can cause illness if it is mishandled or cooked improperly. For your protection, keep refrigerated or frozen. Follow proper thawing directions listed under Preparation/Cooking and keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), tools, and hands after touching raw meat or poultry. Cook thoroughly. Keep hot foods hot. Refrigerate leftovers immediately or throw away.

## OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)
- For more recipes, go to: [http://www.fns.usda.gov/fdd/recipes/hp\\_cookbooks.htm](http://www.fns.usda.gov/fdd/recipes/hp_cookbooks.htm)

## BUFFALO MEAT SAUCE

### MAKES ABOUT 6 SERVINGS

#### Ingredients

- 1 pound frozen ground buffalo, thawed
- 1 onion, chopped
- 3 garlic cloves, chopped
- 2 carrots, peeled and chopped
- 1 green pepper, seed removed and chopped
- 1 can (about 6 ounces) tomato paste
- 1 can (about 15 ounces) diced tomatoes
- 2 teaspoons dried basil (if you like)
- 2 teaspoons sugar
- Black pepper to taste

#### Directions

1. Cook the buffalo, onions, and garlic in medium-size saucepan over medium heat until the meat is browned and cooked evenly.
2. Add carrots, pepper, tomato paste, and diced tomatoes. If using basil, add that too.
3. Cook for 1 hour on low heat. Stir in sugar.
4. Serve over pasta or rice.

Nutritional Information for 1 serving (about ½ cup) of Buffalo Meat Sauce					
<b>Calories</b>	230	<b>Cholesterol</b>	55 mg	<b>Sugar</b>	9 g
<b>Calories from Fat</b>	110	<b>Sodium</b>	270 mg	<b>Protein</b>	17 g
<b>Total Fat</b>	12 g	<b>Total Carbohydrate</b>	14 g	<b>Vitamin A</b>	200 RAE
<b>Saturated Fat</b>	5 g	<b>Dietary Fiber</b>	3 g	<b>Vitamin C</b>	30 mg
				<b>Calcium</b>	58 mg
				<b>Iron</b>	5 mg

*Recipe adapted from Recipezaar.com.*

**BUFFALO STEW****MAKES ABOUT 6 SERVINGS****Ingredients**

- 1 pound frozen buffalo, thawed
- 2 tablespoon vegetable oil
- 1 onion, chopped
- 2 carrots, peeled and sliced
- 2 potatoes, cut into cubes
- 1 cup canned whole tomatoes, undrained
- 1 can (about 15 ounces) tomato sauce
- ½ teaspoon black pepper
- ½ cup water, if needed

**Directions**

1. Heat oil in medium-size saucepan over medium heat. Cook buffalo until browned, then add onions and cook until golden.
2. Add carrots, potatoes, tomatoes, and pepper. Cook for 1 hour over low heat.
3. If stew is too thick, add water and cook 15 more minutes.

**Nutritional Information for 1 serving (about 1 cup) of Buffalo Stew**

<b>Calories</b>	310	<b>Cholesterol</b>	55 mg	<b>Sugar</b>	7 g	<b>Vitamin C</b>	16 mg
<b>Calories from Fat</b>	150	<b>Sodium</b>	500 mg	<b>Protein</b>	17 g	<b>Calcium</b>	55 mg
<b>Total Fat</b>	17 g	<b>Total Carbohydrate</b>	23 g	<b>Vitamin A</b>	270 RAE	<b>Iron</b>	4 mg
<b>Saturated Fat</b>	6 g	<b>Dietary Fiber</b>	4 g				

*Recipe adapted from RecipeZaar.com.*